

# EL PASO HERALD

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MEMBER ASSOCIATED PRESS AND AMER. NEWSP. PUBLISHERS' ASSOC. Entered at the Postoffice in El Paso, Tex., as Second Class Matter.

Dedicated to the service of the people, that no good cause shall lack a champion, and that evil shall not thrive unopposed.

The Daily Herald is issued six days a week and the Weekly Herald is published every Thursday, at El Paso, Texas, and the Sunday Mail Edition is also sent to Weekly Subscribers.

## Studying Our Own Geography

READERS of the special articles on southwestern topics appearing in today's "Pecos Valley edition" of the El Paso Herald are able to follow around in imagination the tour of the El Paso business men's excursion party, which will leave El Paso Monday night, October 2. The descriptive articles point out the salient features of town development and achievement.

Readers cannot fail to be impressed with the magnificent progressive spirit animating all these communities of west Texas and eastern New Mexico. They are doing big work in a big way, and they are not ashamed to employ experts and rely upon their judgment. Modern methods have been adopted by many of these towns that might well be copied by El Paso and many other southwestern cities.

We sometimes deceive ourselves with the notion that we know it all, but it is just such a trip as this of next week that serves to inform us of our shortcomings and inspires to greater endeavor. We all have a whole lot to learn from our neighbor communities, and such a trip as this is the very best way to gain the needed information most quickly and most conveniently and cheaply; for conditions are made just right in each town for the visitors to meet the real people who are doing things and to see the country at its best.

The articles in today's Herald—all of which, by the way, were written by special representatives of The Herald, paid for by The Herald as valuable news features, and contain no advertising or suggestion of ulterior motive—are worth anybody's reading, both the stay-at-homes and the participants in the excursion. Over 19,000 copies of this edition are being circulated, and the benefits to be derived by the whole southwest and incidentally by El Paso through this kind of publicity are beyond estimating.

Incidentally, it is worth remarking that The Herald has done all this work on its own initiative and has not increased advertising rates locally to correspond with the increased edition nor has it solicited any advertising outside of the city to compensate for the extra expense of the edition. It was all done "for the good of the cause" to build up the southwest country according to the policy which has been consistently followed by the El Paso Herald for a great many years and which has undoubtedly had much to do with establishing this newspaper in its position of unquestioned primacy in its field.

## The Toyah Oil Fields

ANOTHER EFFORT is to be made to develop the oil field in the Toyah district. This time it is understood that experienced and wealthy oil men of national reputation will take hold of the field and proceed with this development—but only on certain conditions. One of these conditions is that the tract controlling the majority of the most promising oil territory must be consolidated to such an extent that they can be handled as one proposition in case prospecting work brings satisfactory results. The other condition is that some arrangement must be made in advance toward creating a permanent and lucrative market for the product of the field if development proceeds to the point of commercial production. The people who may take hold of the field will want a proposal in writing to take a given quantity of oil, 500 to 1000 barrels per day, for a term of years at a minimum price before they will undertake to develop a field so little known, so far from the established markets and with limited transportation facilities.

If proposals should be made to owners of land in the oil territory looking toward consolidation of the various holdings on a syndicate or corporate basis, it is to be hoped that there will be no disposition to hold out for excessive prices since such a spirit would certainly defeat the very desirable and beneficial ends of the people who are at present favorably disposed towards trying to open up the field. It should not be forgotten that the Toyah field has been known as oil territory for several decades but it has never been thoroughly exploited; for the efforts that were made by big companies to find out the truth about the commercial oil possibilities, came to nothing—largely as a result of the mistaken policy of the companies engaged in the work but perhaps more directly to be attributed to the very unfavorable status of the land and mineral laws of the state of Texas. If now the way is open to the coming in of big oil interests to spend their money and time and effort in a search for oil and to ascertain the truth finally and fully about the field, it would be a calamity for the entire southwest, and especially west Texas, if selfish considerations of some speculators—unable to proceed with development on their own account—should be allowed to stand in the way of a general exploration of the field by men of ample capital and resources and experience in the oil business.

It is a situation that calls most decidedly for cooperation and mutual assistance in order that the field as a whole may be explored and developed and the fuel supply of the southwest solved for the future. Even "enlightened selfishness" would dictate a policy of amicable agreement rather than one of interference or extreme demands.

## Scholarships For Boys and Girls

AN ACCOUNT of the organization of a University Scholarship club in this city appears in another column. The plan on which the club is formed is so practical and sensible in every way that it deserves the most enthusiastic and universal approval and cooperation. The boys and girls in the high school have already started the fund by subscribing their dues and it is the intention to secure a large list of cooperating subscribers among the parents and friends of high school pupils and of other boys and girls who will be in the high school later on.

The subscribers to the fund (the individual dues are merely nominal) will themselves nominate the boy and the girl each year to have the benefit of the scholarship thus established; so that the prize will depend not alone on the work actually done in the school, and certainly not on any favoritism of teachers or friends, but rather on the general fitness of the candidate and his popularity in the student body.

It is the universal experience in school and college that the students, even the youngest of them, have a good deal of respect for deserving and capable pupils, whether they be poor or well-to-do. The scholarships that are thus given by election among the pupils themselves and their friends and relatives, are more likely to meet the present need in the city than a form of scholarship based entirely on achievement in the book work of the school term. The scheme is thoroughly democratic and ought to find general acceptance.

## To Arizona and New Mexico

THE WHOLE SOUTHWEST is cordially invited to attend the big statehood jubilee to be held in El Paso October 19, 20, and 21. Elaborate preparations have been made for the entertainment of the city's guests as well as for the more serious ceremonies attending the formal welcome offered to the new states. The flag presentation to the two governors, conducted under United States army regulations by the combined Fort Bliss garrison, comprising the 4th cavalry and 23d infantry, with a massed army band of 55 pieces and 1200 to 1500 soldiers participating, will be one of the most magnificent military spectacles ever seen in the west. The two great parades of allegorical and symbolical floats with military and civic escort will be worth going a long way to see as no expense is being spared to make this feature of the entertainment surpass anything of the kind ever seen in the southwest. Various sports have been provided for the people and there will be hand concerts almost every hour of the day during the period of the celebration. The city will be brilliantly illuminated and there will be military and spectacular parades at frequent intervals. Many surprises are being arranged in the way of entertainment that are not even made public locally, but are kept for enriching the program so as to surpass anybody's reasonable expectation.

El Paso is the one spot where Arizona and New Mexico can meet on neutral territory without going away from home. This is the "reason for being" of El Paso's big statehood celebration. Come, everybody, and see El Paso make good.

## Uncle Walt's Denatured Poem

WE KNOW so much that doesn't count! We load up with a vast amount of useless junk—of Latin, Greek, and tongues the dead ones used to speak. We learn to draw a little bit, and then old Euclid's stuff we hit.

We learn a string of useless dates—which learning nearly busts our pates. And when from school we take our way, in this broad world to put up hay, we can't apply the things we've learned and all our little works are spurned. The hopeful kids we send to school will study by an ironical rule; one may be built to twang a lyre, and one to stoke an engine's fire; one has a nose, gift to sing, and another the ring. Whatever the talent or the mind, they all must to the same old grind, and over their dog-eared volumes sweat to learn fool things they should forget.

FOOL KNOWLEDGE

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## Success Talks To Men and Boys

By Dr. Madison C. Peters

THE difference between men who succeed and those who fail is not in the difference between men who seize or miss opportunities. "Jump while the wave is on the swell," "Strike while the iron is hot," "As good water goes by the mill as drives it," "Sail while the winds blow, and you will not wait to know," "A man's best things are nearest him, his close about his feet."

Adopt Ruskin's motto which he had ever before him, inscribed on a massive piece of Chalcidion, "today."

Promptness in selling is yet more important. Emerson says: "The art of getting rich consists not in industry, much less in saving, but in a better order, in timeliness, in being at the right spot."

Caesar's delay to read a message cost him his life, when he reached the senate house. Napoleon's delay in the "supreme moment" and became an adept in taking advantage of the "nick of time," which comes in a battle. He said he beat the Austrians because they did not know the value of five minutes.

Doing Your Level Best. Do your level best. Your successful men are not as a rule cleverer than those who fail—they know how to make use of all their opportunities. They put upon more people than rough gold. "Even a dog will breed makes a host of friends. Men like bullets, will go forth when polished."

Honesty is the best policy, thought it may not pay the largest dividend. You are bound to be honest. Better disaster than dishonor. Better honest failure than dishonest success. Honesty may laugh, but honesty has a heaven all its own. Do you think a man who has furthered his progress with the maledictions of thousands and they have wronged on their heads, spending their time dodging and lying, can be happy? As the Germans say, "Better a penny fairly got, than a thousand that are not."

Living Up to Your Reputation. The Persian proverb has it: "Doing well depends upon doing completely." It was said of Rufus Choate that he would plead before a country squire as well as before the editor of a state paper, and that he would plead before a country squire as well as before the editor of a state paper, and that he would plead before a country squire as well as before the editor of a state paper.

A Paper Rose. By R. A. Martin. I FIRST saw her dancing in a dirty little cafe hidden away in the great noisy heart of Montmartre. I caught her in the act of creating, but she laughed an emphatic refusal.

One cannot forever pursue paper roses, even when they wear pink frilled dresses, and have perfume like the time when I was a boy. Besides Paris was getting too hot for me in July, and I went away.

But my paper rose, all her thoughts of the pink skirts and geranium lips of my paper rose when I returned. Chancing one evening, however, to pass the street where I had first met her, I thought I might be pleasant to look upon her pink plumpness.

But my paper rose, I discovered soon, no longer danced in the cafe. I asked the fat proprietor about her. He shrugged his broad amiable shoulders. "She had gone—yes. They all go sooner or later. Que voulez-vous?" he said.

I turned and left him. So somebody else was wearing my paper rose in the buttonhole of his coat. I had been there again and in one of the recurrent figures lying peacefully on the stairs, laughing shrilly, with diamonds around her throat, looking more than ever like a paper rose, all pink and white, and in the fur of her cloak, and once—three years later at the morgue.

I was the first time I visited that place of horrors—and I found her there again—and in one of the recurrent figures lying peacefully on the stairs, laughing shrilly, with diamonds around her throat, looking more than ever like a paper rose, all pink and white, and in the fur of her cloak, and once—three years later at the morgue.

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## Much Nutrient in Foods Can Be Preserved By Their Proper Cooking

Selection of Foods Should Be Considered for Their Value in Sustaining Life.

WHILE the selection of food is of great importance in the economy of the home, its proper preparation may assume even greater value because of the fact that the waste in the preparation may exceed the saving of careful buying. Economy of cooking comprises the best possible utilization of the food article of food with due reference to the relative importance of labor and the cost of the food. That may be economy in one home, may be economy in another, because of different equipment, becomes the greatest extravagance in another.

Slow Cooking Foods. In houses where a coal range is kept burning continuously, there is an opportunity to develop dishes which require long, slow cooking. This would be extremely wasteful if the food is cooked in a kitchen equipped only with gas and electric appliances. On the other hand, with electricity or alcohol providing quick heat, the cook is able to improve yields by heating them. In the country they would be served cold because the table and the room consumed in building a fire only needed for a few minutes.

Economy of cooking utilizes every possible bit of heat. If the oven in a range must be heated for one article, a little planning will make it possible to cook for others. If a piece of meat is to be roasted, the meat should include other articles prepared in the oven. If possible, cake or bread should be baked at the same time as the meat, which requires a slow, steady heat, may be baked in the oven while a roasting meat is cooking. The meat, with the increasing demand upon the housewife of the average American home, is an important attribute and always must enter into the consideration of home economics. For example, a delicious roast beef, served with a head soup may be economical from the money standpoint and quite feasible in requirements of fuel, and yet it is an extravagant luxury in many homes when the labor and time consumed in its preparation are considered.

Another matter of great importance is the proper combination of food products. Every meal should contain a suitable quantity of each of the elements most needed in the human body. If there is too much of one substance and too little of another, the highest economy of food preparation has been neglected. For instance, when potatoes and rice are served at the same meal, the meal is unbalanced. The potato is a source of starch, the rice is a source of protein. The potato is a source of starch, the rice is a source of protein. The potato is a source of starch, the rice is a source of protein.

Worse, however, than the combination of potatoes and rice is that of macaroni and rice. Yet such a meal is a source of starch and protein. The potato is a source of starch, the rice is a source of protein. The potato is a source of starch, the rice is a source of protein.

To the average householder, the high price of meat makes some reduction in its use an economic advantage and throughout the country the housewife who is considering some means for decreasing the consumption of meat in her household. The use of meat as a food depends chiefly on two classes of nutrients—protein or nitrogen compounds and fat. The mineral matter in the food is also of much importance. Protein is essential for the construction of the body and both protein and fat yield energy for muscular power for keeping up the temperature of the body.

But it is especially important as a source of energy. It is possible to confine the fat and protein of animal food to meet the needs of the body by such means as vegetable oils. This is done in the Arctic regions where vegetable food is lacking. It is considered better, generally, that food should contain, in addition to animal food which is rich in proteins and fat, some vegetable foods which are rich in sugar, starch and other carbohydrates. Both animal and vegetable foods supply the mineral matter necessary to the growth and development of the body.

Uniformity of Protein. The general uniformity of protein in the diet is of great importance. The housekeeper, who does not wish to enter too deeply into the complexities of food value, to be sure that her family is getting enough of this nutrient. From the latest investigations carried on in the experiment stations of the United States Department of Agriculture, it has been proved that of the total amount of protein needed every day, one-half is taken in the form of animal food, which includes meat, fish, eggs, milk, and cream. The remainder is taken in the form of bread, cereals and vegetables. The portion of the diet which is referred to as an ordinary "helping" is three to five ounces, and contains from 15 to 25 grams of protein. An egg or a glass of milk contains about eight grams more, so that the housekeeper who gives each adult member of her family a "helping" of meat each day with eggs, milk or cheese, together with the puddings or other dishes which contain eggs and milk, will have a diet which is supplying sufficient protein.

Meat may lose much of its nutritive value by cooking. A piece of meat which is put in a pot of cold water, letting both boil until the meat tendons are so soft that it separates easily, loses the greatest nutritive value of the meat. If the broth is thrown out as is often the case, the nutritive value of the meat is absolutely wasted. If, however, the same piece of meat should have its juices preserved by being seared or broiled, and then the meat is boiled in water and allowed to simmer gently until cooked, its nutritive value is preserved to a much greater degree.

Proper Meat Nutrition. There is no method of preparing meat which is economical from the standpoint of time and labor and the preservation of its nutritive qualities as pan-broiling. This is the method of cooking meat in a moderate heat and cooking it until done without additional fat. This plan is usually in favor for the fisher class of meats, but there is no reason why it should not be applied to freshly ground up beef with the same results. Instead of the chop being seared, it may be made quite as palatable and as nutritious as the finer steaks. In roasting meat, the most of its nutritive value is lost in the cooking process. This waste can be materially lessened if a covered baking pan is used. The juices from the meat are full of nutriment and should always be utilized in some way.

There are many vegetables which contain a large proportion of the qualities found in meat. When these are used, less meat is required for that meal. Beans, peas, especially the kidney bean, are especially rich in protein. A dish of the old fashioned baked beans, to which a small piece of pork has been added, will meet the actual requirements of the body, so far as the nutrition of one meal is concerned. If meat is to be served at the same meal, it should be served in a dish composed largely of other ingredients, such as meat pie. Fillings of various kinds tend towards meat economy also. Even though the cavity in the meat pie is filled with a large quantity of the filling, which is generally composed of bread, may be placed in the pan with the meat and thus absorb its flavor and nutrition while cooking.

Cooking Vegetables. The cooking of vegetables is no less important than that of meat. Potatoes, especially, may have their nutritive qualities much conserved by proper handling. If potatoes are needed and allowed to stand for several hours in cold water before being cooked, they lose a large percentage of their nutriment. If they are put on to cook in boiling water immediately after being peeled, the waste is less. The best and

## Abe Martin

By Frederick J. Haakin

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